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Your essential daily news | TUESDAY, AUGUST 30, 2016

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**REPAIR COSTS
IN A CLASS OF
THEIR OWN**

**Ottawa schools need \$645 million for upgrades,
according to new provincial data**
metroNEWS



ISTOCK

Shisha ban a cultural attack, says councillor

PROPOSAL
Others argue it's 'based on genuine health concerns'



At least one Ottawa councillor will fight the city's plans to ban hookah pipes this week, arguing it's an attack on Middle Eastern culture.

Osgoode Coun. George Darouze was the only member of the community and protective services committee to vote against the proposed ban last Thursday, and he plans to speak up again when council makes a final decision Wednesday.

"We're picking on a cultural thing and I don't think we should be banning it," said Darouze, adding the city is becoming a

"nanny state."
Ottawa Public Health wants to ban smoking water pipes — also known as hookah or shisha — in public places, to prevent second-hand smoke exposure.

But Darouze, who is originally from Lebanon, said shisha is different from cigarettes, because no one goes to a shisha café unless they intend to smoke.

He said it's a social activity, just like going to the bar.

"We're picking on a group of people," said Darouze.

Only Julia Moussa, owner of Bay Rock Café in South Keys, showed up in defence of her shisha business. "I do feel like we're being attacked, from ignorance," Moussa said.

But Coun. Keith Egli, like most of his fellow CPS committee members, disagreed the ban stems from cultural bias.

"All the arguments staff presented were based on genuine health concerns," he said.

If passed, the ban will be enforced as of April 3, 2017.

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Vacancy at Wellington West building hits a year

DEVELOPMENT

World of Maps owner says rent forced move from corner



Emma Jackson
Metro | Ottawa

Location, location, location — right?

Maybe not.

As of this week, the former World of Maps building in the heart of Wellington West will have been vacant for a year.

The colourless windows and large “for lease” signs at 1235 Wellington Street West and Holland Avenue, across from the Great Canadian Theatre Company. Bars and restaurants, trendy barber shops, banks and services surround the storefront.

The 1,745 square foot space and its 1,495-square foot basement sit at a prime “marquee location” at the corner of Wellington Street West and Holland Avenue, across from the Great Canadian Theatre Company. Bars and restaurants, trendy barber shops, banks and services surround the storefront.

Yet no one has taken the bait. While BIA director Zachary



The old Maps of the World building is now an empty eyesore on the corner of Wellington Street West and Holland Avenue. EMMA JACKSON/METRO

Dayler said he’s “concerned,” he insisted the long vacancy doesn’t represent a wider problem in the neighbourhood.

The former Tim’s Used Sports

Equipment leased in under a month, he said, while Anytime Fitness is taking over a shop that had been empty for a year.

“The right business has to find

that space is going to work for them,” Dayler said.

That doesn’t mean there aren’t other challenges.

At that particular location, the

ground floor space would run a business owner as much as \$10,000 a month plus utilities, according to World of Maps owner Petra Thoms, who said rent was a factor in her decision to leave the corner after 18 years.

Noise, dust and maintenance problems like leaky ceilings also convinced her to move.

“We kind of made do with it,” she said. “It was always fixed but it is an old building with old pipes.”

According to Thoms, Starbucks was initially interested in taking over the space when her lease ended, but the multinational company decided against it.

Dayler couldn’t confirm that rumour. The property owners also couldn’t be reached for comment.

Oliver Tighe, a real estate analyst at Colliers International in Ottawa, said it’s “surprising” that the relatively small space hasn’t been snapped up in such a hot neighbourhood.

“I know a lot of buyers prefer retail plazas that offer smaller units,” said Tighe. Lack of parking or high rent could be playing a role, he said.

Tighe said it’s usually the big box stores that sit empty, as major retailers move to traditional malls instead of street-facing plazas.

IN BRIEF

Cyclist critically injured in Ottawa

A cyclist is in critical condition after he was struck at the corner of Vanier Parkway and Donald Street this morning.

Ottawa paramedics say a “mid-sized car” collided with the 45-year-old man just before 6:30 a.m.

The cyclist was unconscious and transported to the Trauma Centre for severe head injuries.

METRO

Teen suffers ‘moderate’ injuries in roller machine mishap

Ottawa paramedics responded to an industrial injury in the city’s south end Monday morning involving a teenager who got her wrists caught in a machine.

The 17-year-old victim was working at a business on Doyle Road in Osgoode when she got both her hands caught in a roller machine.

Her co-workers were able to free her before paramedics arrived around 9 a.m. The woman sustained “moderate” injuries to her wrists and lower arms.

An investigation is ongoing. METRO

BUSINESS

Entrepreneur calls for end to city-funded innovation promotion



Former Invest Ottawa entrepreneur-in-residence Bob Huggins is now a director at L-Spark, an enterprise software incubator and accelerator in Kanata. MARK HOLLERON

A former entrepreneur-in-residence at Invest Ottawa says it’s time for the city-funded economic development agency to get out of the business of promoting innovation.

“I think anybody who’s been in innovation in the last four years and watched the happenings at Invest Ottawa would refer to it as a dark age,” said Bob Huggins, a businessman and documentary filmmaker who is also a director at L-Spark, the Kanata-based enterprise software incubator and accelerator.

“There’s a real contradiction to think that an economic development group within a city somehow is innovative. That’s a huge mistake on the city’s part. I’m not sure why the city

gets pulled into stuff like this.”

When it emerged out of the ashes of its predecessor, the Ottawa Centre for Research and Innovation, in early 2012, Invest Ottawa billed itself as a “one-stop shop for business.” After expanding the rebranded organization’s role, city council in 2011 approved a 53 per cent hike in the agency’s annual budget to \$3.6 million.

The rebranded agency’s mandate included promoting the city as an innovation hub and attracting new investment to the capital.

With its four major universities and colleges, a highly educated workforce and a thriving tech community led by ambitious, creative businesspeople such as Terry Matthews and Shopify’s Tobi Lutke, Ottawa already has a great foundation for success, Huggins said.

“All of the success and innovation is already driven by successful entrepreneurs that create wealth events,” Huggins said.

Invest Ottawa co-chair David Ritonja, a vice-president at Nokia Canada, concedes the agency has suffered through

some growing pains in adapting to its dual roles.

But he said the organization has also scored its share of major successes, adding districts like Kitchener-Waterloo, where the economic development and innovation functions are handled by separate agencies, face challenges of their own with that model.

“Quite often, they are not as aligned and work as well together as they could, and I think their industry suffers as a result of that,” he said, adding the OCRI tried to fund itself privately in the past but couldn’t sustain those efforts. “If it could be done through private means, I think everybody would be open to it,” he said.

OTTAWA BUSINESS JOURNAL

Often they are not as aligned and work as well together as they could.

David Ritonja

Team Canada's triple threat

COMPETITION

Trio of west-end dancers going to World Championships

Jessica Cunha
Metroland Media

Three west-end dancers are among Canada's chosen elite performers who will compete on the international stage in Austria this fall.

Kanata's Rylee Fortier-Turner and Myranda Bingham, as well as Stittsville's Paige Publow, will represent Team Canada at the International Dance Organization's hip-hop and break dance World Championships running Oct. 19 to 23.

All three say they're excited for the opportunity and are looking forward to the competition.

"Auditions for the Canadian national dance team brought some of the best dancers from across Canada, vying for a position on the team to represent Canada at the world level," said Bingham, 20.

"The best dancers from around the world will be competing for the World Championships title."

Long hours over the summer spent learning the choreography, road trips for training and practising on their own time fills up their days, but for them it's all worth it.

"As tired as I may get I think about what an amazing experience it's going to be, and what an amazing experience it is already," said 12-year-old Fortier-Turner on Aug. 25, just a few hours before she and Publow set off to Peterborough for training.

For 13-year-old Publow, thinking about the upcoming overseas travel, the opportunity to meet dancers from other parts of the world and

taking part in the competition inspires her.

"Learning from other dancers, just by watching other people, it really helps," she said. "I just think about what will happen at the end."

Fortier-Turner and Publow, who have been dancing since they were three years old, will compete in the junior age category. The two attend Pointe of Grace Dance Company in Stittsville and excel in a variety of styles including hip hop, ballet, jazz, lyrical and acro.

"I dance because it's a lot of fun and I get to express myself," said Fortier-Turner, a Grade 8

student at Holy Trinity Catholic High School.

"You can express yourself a lot more and let go of your problems," added Publow, a Grade 8 student at Goulbourn Middle School.

Bingham will compete in the adult class. She teaches at Kali Andrews Dance Company

in Ottawa south after taking up dance three years ago.

She started dancing at age 17 after making the switch from rhythmic gymnastics.

"Being on a stage is a lot different than being on a floor," said Bingham, who is studying human kinetics at the University of Ottawa. "I find it

easier to dance on a stage in front of a crowd."

Her style is versatile — fluid one minute and hard the next — and her range includes hip hop, contemporary, acro and aerial, jazz and lyrical.

"I worked to be that. I didn't want to be good at only one thing," she said.

FUNDING

Sponsors sought

Among the choreography lessons and out-of-town training, the dancers are also learning to build social connections.

"It's not just about the experience of dancing," said Paige Publow's mom Eunice.

The dancers are learning to manage their social profiles and how to approach people and organizations to request backing, she said.

"Since there is no government support for Team Canada Dance, each member must raise their own funds to attend the World Championships," said Rylee Fortier-Turner's mom Stephanie Fortier. "They have to work for it."

It will cost about \$3,600 for each dancer's flight and accommodation in Austria, and that doesn't include the cost of choreography lessons, travel and accommodations for out-of-town training, or meals when they're overseas.

So they've been hustling, holding fundraisers such as bottle drives, a lemonade stand, a spontaneous dance performance, and soliciting businesses, family and friends for donations.

The girls are using social media — Facebook and fundraising website GoFundMe — to request sponsorships and keep their fans updated on their training.

The best dancers from around the world will be competing for the World Championships title.

Myranda Bingham

I dance because it's a lot of fun and I get to express myself.

Rylee Fortier-Turner

Learning from other dancers, just by watching other people, it really helps.

Paige Publow



Kanata's Rylee Fortier-Turner, left, and Myranda Bingham, centre, as well as Stittsville's Paige Publow, will represent Team Canada at the International Dance Organization's hip-hop and break dance World Championships this fall. The three west-end dancers performed at the skate park at the Kanata Recreation Complex on Aug. 25. JESSICA CUNHA/METROLAND MEDIA

Brown accused of sex-ed 'flip-flop'

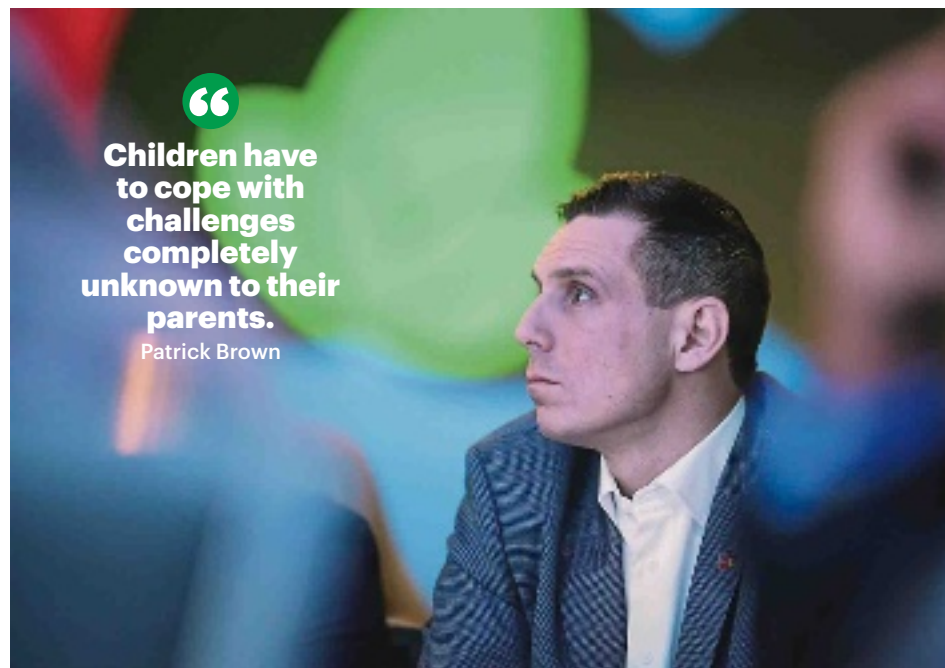
EDUCATION

Letter vows to scrap changes to curriculum if Tories elected

Progressive Conservative Leader Patrick Brown is being accused of a "flip-flopping" on his flip-flop about scrapping Ontario's sex-education curriculum.

With voters in Scarborough-Rouge River headed to the polls for Thursday's byelection, Brown last week distributed a letter vowing that "a PC government would scrap the controversial changes to sex-ed" the Liberals implemented last year.

Education Minister Mitzi Hunter on Monday blasted the Tory leader for "putting students at risk" by opposing changes that last spring he seemed to endorse. "The fact that Patrick Brown has put out a secret letter that says that he would cancel that curriculum ... is really not thinking about the safety of our kids and is, frankly, disappointing," Hunter told reporters at a Toronto school.



Ontario Progressive Conservative Leader Patrick Brown in a letter last week contradicts remarks in June when he said he would not scrap the new sex-ed curriculum. TORSTAR NEWS SERVICE

"First, he was against the curriculum, then he said he was OK with it, and now he's changed his mind. That's flip-flopping and it's important

that ... people recognize (that)" said the minister, who represents the neighbouring riding of Scarborough-Guildwood. "It's a matter of Patrick

Brown saying whatever he needs to say to advance his political agenda. He's flip-flopped on this issue and (I'm) not sure what people can trust."

In his missive, the Tory leader said if he wins the 2018 provincial election his government would "develop a new curriculum after thoughtful and full consultation with parents."

Brown's letter does not specify what he feels must be amended.

Premier Kathleen Wynne last year pushed through the first update to the curriculum since 1998 — an era that predated Google, Facebook, Snapchat, Instagram, and Twitter as well as legalized same-sex marriage.

The revamped syllabus includes Grade 3 students learning about gay and lesbian relationships, Grade 6 pupils being told about masturbation and "gender expression," and those in Grade 7 being warned of the dangers of sexting.

But some social conservatives oppose the new courses, claiming they are instruction manuals on masturbation, anal, and oral sex that undermine their religious beliefs.

Brown's letter last week contradicts what he told The Canadian Press in June when he said he would not scrap the curriculum.

Over the weekend, the Tory

chief took to Twitter to do some damage control.

"I am determined to lead a PC Party that is modern, inclusive, pragmatic, and that reflects the diversity of our province. I strongly support an updated curriculum that takes into account changing attitudes and world in which children now dwell," Brown tweeted.

"Children have to cope with challenges completely unknown to their parents," he continued, only criticizing Wynne's Liberals for not consulting parents enough during the last round of reforms.

The Tory chief also retweeted a close adviser's tweet that he "is NOT repealing Sex Ed in Ont!"

"As always said, next round will have real parent consultation — that's all," said the post by respected lawyer Walied Soliman, the key architect of Brown's May 2015 victory in the Conservative leadership.

Brown's office did not return emails from Torstar News Service on Monday morning seeking clarification of which version of the Tory's messaging was correct.

TORSTAR NEWS SERVICE

POLITICS

Ontario Liberals now say they will ban all MPP fundraising

Ontario Liberals now say they want to ban all elected provincial politicians from attending fundraising events, after enduring months of criticism over their so-called cash-for-access fundraisers.

The surprise proposal came after the Liberals insisted, as recently as last week, that they weren't keen on banning such events through legislation, saying it could prohibit every member of provincial parliament from fundraising and that would be too restrictive.

But that is now exactly what they are proposing.

"When the house resumes in September we will be introducing an amendment to ban fundraising events for all MPPs," Attorney General and Government House Leader Yasir Naqvi said in a statement Monday.

A legislative committee has been holding public hearings across the province this summer, rare for a bill that has only passed the first reading stage, and opposition members of the committee were furious that a "bombshell" was dropped in the middle of it.

"You people are a real piece of work," Progressive Conservative Steve Clark told the Liberal



Attorney General Yasir Naqvi says an amendment to ban fundraising events for all MPPs would be introduced when the house resumes in September. THE CANADIAN PRESS

committee members.

"Not only did you continue to do cash for access even after you were caught, you now put this whole process — it's just been a sham. You're going to do whatever you want to do. You don't care what the deputants say. You don't care what we say. You know what? I thought Yasir Naqvi was a different breed of politician and I'm just so disappointed in this shenanigan that you just pulled."

After the committee's public hearings had concluded, both opposition parties and the Liberals drafted amendments that were due last week and began a clause-by-clause consideration of them Monday.

It had not been going

smoothly even before a Liberal committee member suddenly read out Naqvi's statement in the middle of the afternoon. The Tories accused the Liberals of shooting down opposition amendments without any real consideration, with Progressive Conservative Randy Hillier calling them "parrots" and clucking at them.

"What we see here today is an absolutely disgusting display by all Liberal members on this committee," Hillier said before he and Clark stormed out.

Naqvi said the Liberals will also increase a per-vote subsidy for parties "to offset the impacts on parties and riding associations."

THE CANADIAN PRESS

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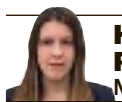


The Ottawa Technical Learning Centre. The province's total repair backlog includes Catholic, French and English school boards. WIKIMEDIA COMMONS

School repairs hit \$645M: Data

EDUCATION

Plumbing, aging roofs among major priorities



Haley Ritchie
Metro | Ottawa

They may have Smart Boards and laptops inside the classrooms, but Ottawa schools aren't getting any younger.

From aging roofs to plumbing work, schools across the city need \$645 million in repair work over the next five years, according to newly released data from the Ministry of Education.

The schools that need the most upkeep are located in Ottawa's downtown core while the city's suburban and rural schools are mostly in good shape.

The ministry ranks schools by their Facility Condition Index (FCI) — a number calculated by weighing the cost of replacing the school against the expected cost of repairs and updates over the next five years. The higher the FCI, the more outdated the school's infrastructure.

"The repairs are all important, but they're not necessarily crucial," said Michael Carson, the chief financial officer for the Ottawa Carleton District School Board. "We

have parking lots that have potholes, but that's less essential to keeping a school open than a boiler."

"Just because a school has a high FCI, it does not mean the building is unsafe or unhealthy. If a school were ever to reach that stage, we would close it and redirect students," said Carson.

Carson said the repair costs are calculated by looking at the industry standard lifespan.

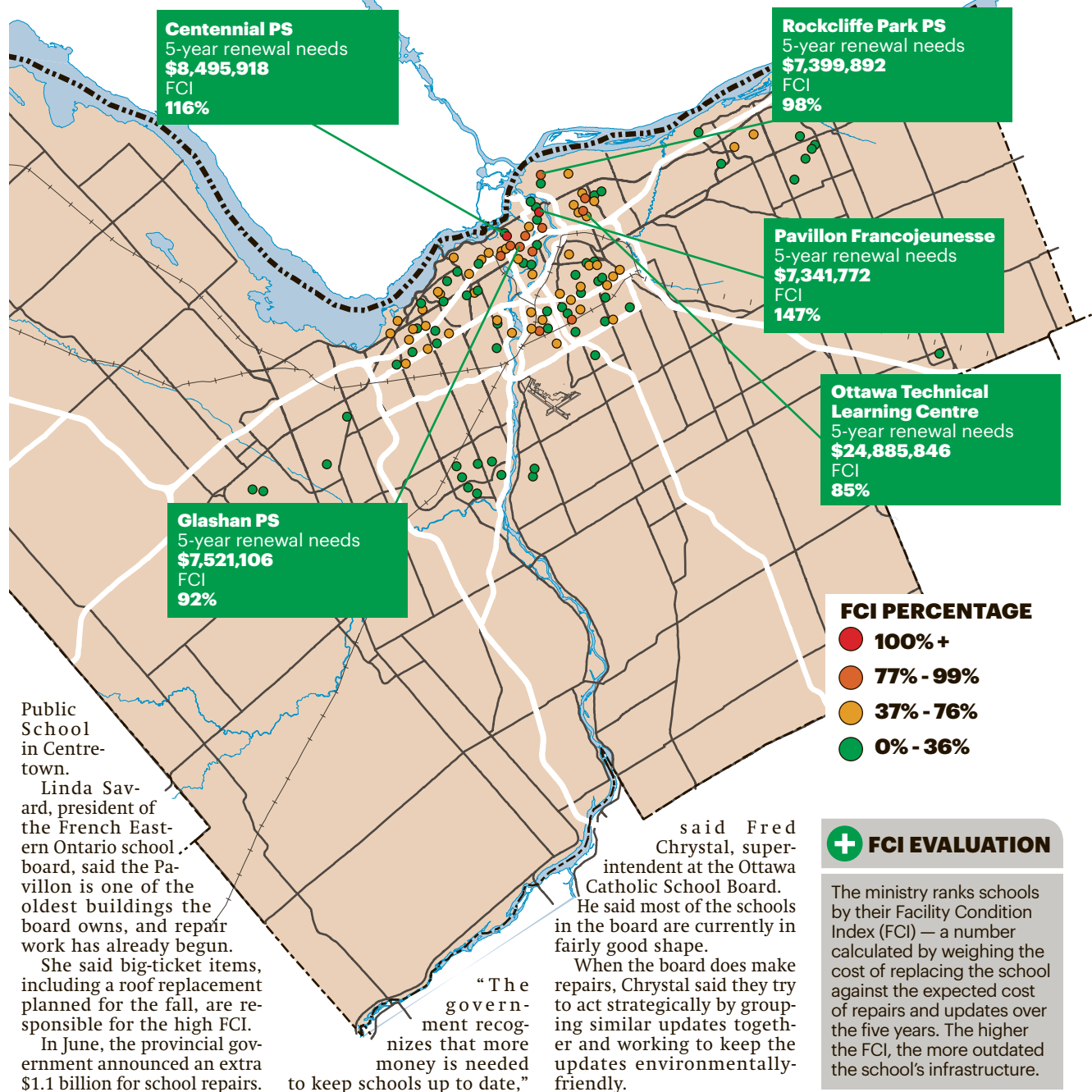
Much like a car, infrastructure like plumbing and boilers can last longer than the average if maintained properly.

"One of the harsh realities is the closer you get to that theoretical lifespan, the higher the chance you're going to have a failure, there's no doubt about it. If something is only built to last 10 years, once you get to 11, 12 or 13 years you can expect the cost of maintaining it goes up and you're more likely to have a failure," he said.

Across the province, the total value of the renewal backlog totals over \$15 billion, according to the data.

Ottawa's total repair backlog, including Catholic, French and English school boards, sits at around \$645 million.

Top of the list in the city are CEPEO's Pavillon Francojeunesse on Wilbrod Street (a satellite school for nearby Francojeunesse in Sandy Hill) and the OCDSB's Centennial



The government recognizes that more money is needed to keep schools up to date.

Fred Chrystal



A demonstrator is arrested after disrupting a public hearing into the Energy East pipeline project on Monday. THE CANADIAN PRESS

Protests force cancellation of hearings

PIPELINE

Three rowdy protesters are facing charges

Protesters forced the cancellation on Monday of the first day of hearings in Montreal into TransCanada's Energy East Pipeline project with police making three arrests.

A spokesperson for the National Energy Board (NEB), the federal regulatory body reviewing the project, could not confirm as of Monday afternoon if Day 2 of the hearings would go ahead as planned Tuesday.

One man charged at the three NEB commissioners seated at the front of the room minutes before the hearings were set to begin but was grabbed by security officers.

"TransCanada will not pass," he screamed as police dragged him away from the downtown

conference room.

A 44-year-old man and 29-year-old woman were charged with obstruction and released, while a 35-year-old man was charged with obstruction and assaulting a police officer and remained detained as of Monday afternoon.

Police originally said the 44-year-old was also charged with assault.

Montreal Mayor Denis Coderre, along with the mayor of nearby Laval and other municipal representatives, walked out of the hearings not long after the demonstrators charged in.

Coderre was the first person scheduled to give testimony Monday but chose instead to leave, calling the protests a "masquerade."

He and many provincial politicians and First Nations groups oppose TransCanada's project to transport crude oil from Alberta to New Brunswick.

THE CANADIAN PRESS

BANGLADESH

Detained student closer to freedom, lawyer says

Tahmid Khan has been detained in Bangladesh for nearly 60 days, but a lawyer working with his family hopes the killing of an alleged Canadian terrorist in that country could bring the University of Toronto student one step closer to release.

Police in Bangladesh killed three suspected militants in a raid Saturday near Dhaka, the country's capital. Among those reportedly shot dead was Tamim Chowdhury, a Canadian-Bangladeshi citizen with suspected ties to Daesh.

Chowdhury was accused of plotting the hostage attack on the Holey Artisan Bakery café which

killed 20 people in early July.

Khan, 22, was one of two hostages from the attack who has been held in custody since July 2.

Marlys Edwardh, a lawyer working for Khan's family, said there's no evidence to suggest any connection between Khan and Chowdhury, and points out that Khan has not been charged with any crime. Edwardh said she hopes Chowdhury's killing can rule out any link between Khan and terrorist groups.

Khan's most recent court appearance in Dhaka was on Sunday, when he was remanded in custody for another 21 days, Edwardh said. TORSTAR NEWS SERVICE

WINNIPEG

Trump bunny needs a home... and a haircut



The Winnipeg Humane Society is hoping to make one bunny's life great again.

Donald Trump is a fluffy blond rabbit turned over to the humane society's care at the beginning of the month, and as of Monday, he's available for adoption.

Just one look at him and it's

easy to see why staff named the critter after the real estate mogul turned reality TV star turned controversial presidential nominee.

"It was the hair on him, really," communications director Kyle Jahns said Monday. "He just had a wackier ... wild hairdo, which could have been molded in a similar Donald Trump fashion."

Jahns said the rabbit is sweet, even a bit shy, at first meeting.

"I don't think he's anything like the guy that's he's named after," he said.



The Winnipeg Humane Society is trying to find a home for a long-haired rabbit named after Donald Trump. CONTRIBUTED

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Migrants, most of them from Eritrea, jump into the water from a crowded wooden boat as they are helped by members of a non-governmental organization during a rescue operation along a dangerous Mediterranean Sea route. THE ASSOCIATED PRESS

Thousands of migrants saved on risky sea route

LIBYA

NGOs rescue 3,000 people trying to cross Mediterranean

Italian naval ships and vessels from non-government groups rescued thousands of migrants off the Libyan coast on Monday, the latest surge in desperate attempts to flee to Europe driven by war, poverty, and human traffickers.

The dramatic operation took place just 21 kilometres north of the town of Sabratha in Libya. Groups such as Proactiva Open Arms and Doctors Without Borders helped take on some 3,000



A boy stands inside a crowded wooden boat carrying hundreds of migrants before being rescued on Monday. THE ASSOCIATED PRESS

people who had been travelling in some 20 small wooden boats.

In images and video by The Associated Press, migrants from Eritrea and Somalia cheered as the rescue boats arrived, with some jumping into the water and

swimming toward them while others carefully carried babies onto the rescue ships.

Tens of thousands of Africans take the dangerous Mediterranean Sea route as a gateway to a better life in Europe, alongside

those fleeing wars from Syria to Afghanistan.

Libya's chaos and lack of border controls have turned it into a migrant transit route.

In June, the European Union expanded its anti-smuggling operation in the central Mediterranean to include training Libyan coastal and naval forces, which are intercepting boats and returning migrants to Libya, where some are being held in abusive conditions.

Rights groups and experts estimate that there are about 3,500 migrants held in roughly 20 official detention facilities across Libya. Others are held in informal detention centres controlled by criminal gangs or armed groups.

THE ASSOCIATED PRESS

WILDLIFE

323 reindeer killed by lightning in Norway

More than 300 wild reindeer have been killed by lightning in central Norway.

The Norwegian Environment Agency has released eerie images showing a jumble of reindeer carcasses scattered across a small area on the Hardangervidda mountain plateau. The agency says 323 animals were killed, including 70 calves, in the lightning storm Friday.

Agency spokesman Kjartan Knutsen said it's not uncommon for reindeer or other wildlife to be killed by lightning strikes but this was an unusually deadly event.

He said reindeer tend to stay very close to each other in bad



Three wild reindeer that were struck by lightning.

AFP/GETTY IMAGES

weather, which could explain how so many were killed at once. THE ASSOCIATED PRESS

VATICAN CITY

Mark Zuckerberg and Pope Francis meet

Pope Francis has met with Facebook founder and CEO Mark Zuckerberg and Zuckerberg's wife, Priscilla Chan, at the Vatican.

Vatican spokesman Greg Burke says one topic of discussion at Monday's meeting was "how to use communication technologies to alleviate poverty, encourage a culture of encounter, and make a mes-

sage of hope arrive, especially to those most in need."

The atmosphere appeared informal, with the chat taking place in the Santa Marta residence, the guest house in Vatican City where the pope lives.

Zuckerberg wore a dark suit and tie for the occasion while Chan wore a black, knee-length dress.

THE ASSOCIATED PRESS



Pope Francis shakes hands with Facebook founder and CEO Mark Zuckerberg Monday at the Vatican. HANDOUT/AFP/GETTY IMAGES

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SEXTING

Clinton aide Abedin dumps husband Anthony Weiner over new scandal

Hillary Clinton aide Huma Abedin is done playing the good wife to Anthony Weiner, announcing Monday she is leaving the serially sexting ex-congressman after he was accused of sending raunchy photos and messages to yet another woman.

Abedin, who as vice chair of Clinton's campaign is destined for big things if the Democrat is elected president, stayed with Weiner after a sexting scandal led him to resign from Congress in 2011 and after a

new outbreak of online misbehaviour wrecked his bid for New York mayor in 2013.

But on Monday, she effectively declared she had had enough.

The New York Post published photos late Sunday that it said Weiner had sent last year to a woman identified only as a "fortysomething divorcee" who lives in the West and supports Republican Donald Trump. The photos included two close-ups of Weiner's bulging underpants. THE ASSOCIATED PRESS



Huma Abedin and husband Anthony Weiner

THE ASSOCIATED PRESS



Online auction company eBay is urging Canadian businesses to go on a letter-writing campaign demanding a legislated end to the labour dispute at Canada Post. THE CANADIAN PRESS FILE

eBay wants Trudeau to end dispute

CANADA POST

E-commerce giant urges businesses to write to PM

E-commerce giant eBay urged Canadian businesses on Monday to write to the prime minister and demand a legislated end to the labour dispute at Canada Post as a threatened work disruption was once again put on hold.

Launch of the letter-writing campaign came as contract negotiations between the Crown agency and its biggest union stretched into overtime.

While government officials expressed optimism that a 24-hour extension of the talks would break a months-long impasse over pensions and wages, small and medium-sized businesses have heard it before, said eBay Canada managing director Andrea Stairs.

"Negotiations are ongoing, but we don't see a solution coming down the pipe," Stairs

said in a telephone interview. "So we really felt it was time for the prime minister to get involved."

The letter, emailed to eBay sellers and addressed to Justin Trudeau's Langevin Block office in Ottawa, encourages the prime minister to "explore legislative solutions to the current situation" at Canada Post and warns that businesses are being harmed by uncertainty about whether parcels will be delivered.

"eBay sellers, like other small and medium businesses across Canada, have been dealing with this uncertainty for months," the letter states.

"We have been forced to adapt our businesses and make other shipping arrangements for our goods."

Talks continued over the weekend with the aid of a special mediator and threatened job action by the union's 51,000 members was halted under a 24-hour extension aimed at reaching a last-minute agreement before midnight Monday night.

THE CANADIAN PRESS

WEARABLE DEVICES

Fitbit makes exercise even more of a game

Fitbit wants to help you exercise more by making you think you're hiking famous trails instead of strolling around your neighbourhood. The new motivational feature, called Adventures, will be available to all Fitbit users through a free app update Monday.

The feature tracks the distance you've walked or run and maps it against actual trails, starting with three at Yosemite National Park in California. The Fitbit app will unlock badge-like

images of trail landmarks — say, a scenic waterfall at mile 5 — as you progress. Other rewards include "fun facts" and health tips along the way. Fitbit will add other destinations, including the ability to "run" the course of the New York City Marathon.

One of Fitbit's most popular features has been its ability to let friends and family compare steps they've taken throughout the day. Fitbit says those who participate in such challenges tend to take 30 per cent

more steps. The company says Adventures is designed to offer similar challenges even if people haven't assembled real-life groups.

The feature might help some users stick with step tracking and other fitness measures after the novelty wears off. People who keep using their Fitbits are more likely to tell their friends about them, and to upgrade to more advanced models themselves, analysts say.

THE ASSOCIATED PRESS

+ OLDER DEVICES

Fitbit is updating the 2013 Flex and the 2014 Charge to bring them in line with what newer devices and rivals offer.

Besides tracking steps and sleep, the Flex 2 and the Charge 2 will remind people to take breaks throughout the day.

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IN BRIEF

Apple expected to unveil new iPhone next week

Apple is expected to show off a new iPhone on Sept. 7 at its fall product launch event in San Francisco. Apple may also show new models or features for other products like the Apple Watch or Macbook computer.

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ROSEMARY WESTWOOD in Vancouver

The B.C. Liberals' new climate change policy is a futile attempt to balance what's desperately needed with what's politically expedient — and it provides a perfect example of a society frozen in inaction

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: The environment.

Even those who don't often dream will likely have had this one: You are alone, and in danger. Some evil is about to fall, but you can't move or even scream. The doom approaches, and you're stunned, useless.

This, broadly, feels like our collective response to climate change.

Certainly, this is the moment of impending catastrophe. In just the last few weeks, one scientist predicted that "next year or the year after, the Arctic will be free of ice"; Rolling Stone magazine warned we've reached "the point of no return," that sea levels could rise 10 times faster than predicted, and suggested "historians may look to 2015 as the year when shit really started hitting the fan;" the small village of Newtok, Alaska, has voted to relocate as rising waters erode the town's land; global coffee production is estimated to be halved by rising temperatures; and a New York Times map of projected temperatures across the U.S. showed 100 F days soaking the continent by 2100, like some deadly red dye.

Tossed into this whirlpool of bad news is the B.C. Liberals' much-anticipated climate change policy, providing a perfect example of a society frozen in inaction.

Released last week, it's a document written for gentler a time — or a time when we had time on our side. Tom-Pierre Frappé-Sénéclauze, a

If we all took climate change as seriously as we should, high carbon taxes would be politically expedient



B.C. Premier Christy Clark, back left, and B.C. Environment Minister Mary Polak plug in an electric vehicle before announcing the province's climate action plan in Richmond, B.C., on Aug. 19. DARRYL DYCK/HE CANADIAN PRESS

senior advisor at the Pembina Institute, described it as "disappointing," but another equally apt word would be "useless." Premier Christy Clark is seeking to balance something desperately needed — the curbing of greenhouse gas emissions — with something politically expedient — the protection of gas prices at the pump, as well as "jobs" and the "economy."

The carbon tax will remain frozen, instead of increasing by \$10 per tonne a year, as the province's Climate Leadership Team recommended. Since the province is already off track in meeting 2020 emissions targets set in 2007, the new plan aims to keep a promise to reduce emissions by 80 per cent from the 2007 level by 2050, suggesting accountability is really only important a few decades from now.

The policy makes a few weak gestures to the future, said Frappé-Sénéclauze (like increased tree planting and electrical car charging stations), while missing two key opportunities: increasing the carbon tax and investing in renewable energy technology to

drive economic growth.

Pitting climate change against the "economy" is a false dichotomy, he said, arguing green energy "is a trillion-dollar market, globally." While the policy requires that the liquefied natural gas industry reduce leaked emission and methane by 45 per cent by 2025, Frappé-Sénéclauze sees those as efforts to prop up an existing resource industry at the expense of developing new energy sources.

"Everybody right now is given a free cheque to pollute," Frappé-Sénéclauze said, and that "has a real effect and a huge cost to our children."

But not, necessarily, to us. And certainly not to the premier's political career. What- ever haunts Clark's dreams, it's clearly not climate change.

It should be obvious to us all that an insufficient amount of fear around environmental changes will be disastrous. But the B.C. Liberals aren't alone in their blasé response.

If we all took climate change as seriously as we should, high carbon taxes and big investments in renewables would be politically expedient.

It's not that we don't care about irreversible changes to the world that could wreak havoc on the food supply, force mass migration that would make the situation in Europe seem manageable, upend global trade and slap a foreclosure sign across Whistler Blackcomb. It's that we can't quite seem to care more about them than we do our current conveniences.

There are undoubtedly some people for whom a gas hike would be a genuine economic hardship (and the premier's own Climate Leadership Team suggested ways to mitigate that impact), but the truth is most of us could manage to pay more.

If we don't want to, than that's just our petty preferences. And if we continue to prioritize the status quo — out of sheer laziness, let's face it — then politicians will continue to offer limp policies, and we'll all get the apocalyptic future we deserve.

Tomorrow: What it takes to rent a place in Canada's most competitive market.



What did council learn on its summer vacation?

COLLINS' CAPITAL

Steve Collins



Bracing once again for meat-lockerish air conditioning as city council returns tomorrow after a six-week hiatus, I'm ready to freeze for you.

As usual, the summer lull in meetings didn't seem to hamper any vital city functions, and it's tempting to speculate how many more of them we could have skipped.

Like the last day of school, those final meetings can sometimes be a stage for accumulated frustrations and overdue blowups, but July's close-out, as expected from our pretty collegial council, was mellow.

When Auditor General Ken Hughes took questions on the city's waste and fraud hotline, Coun. Rick Chiarelli noted reported incidents of city employees drinking and drugging on the job were down, but allegations of embezzlement were up. A connection?

"I suppose it's harder to embezzle if you're impaired," he yucked.

Mayor Watson faced his final post-council scrum of the season and then made for his car (trailed all the way by a couple of Metro reporters who couldn't seem to let him go without just one more question) and that was that.

It was over the remarkably gorgeous summer break that tensions boiled up in the police service, and unusually sharp and public criticism of Chief Charles Bordeleau.

Watson initially seemed to be taken off balance by the eruption, shooting back at the union in defence of the chief and offering cranky advice to disgruntled officers, which pretty much amounted to: 1. Shut up; 2. There's the door.

The mayor's more familiar, constructive side was back on display last week in a well-publicized sitdown with Bordeleau, police board chair Eli El-Chantiry and union president Matt Skof. It was encouraging to see. Everyone's got a job to do, and undermining each other in public isn't much of a way to get any of them done.

This rapprochement is a good sign if it results in substantive, face-to-face problem-solving, rather less so if it just keeps the issues under wraps.

If engaging in public friendly fire is bad for citizens' confidence in our police, so is excessive secrecy. As indicated by the ongoing protests over the shocking and still-unexplained death of Abdirahman Abdi in July, that confidence is already neither universal nor unconditional.

The relative promptness with which Watson convened this police peace summit also indicated that even an experienced and gifted politician can still learn on the job. After all, it took a couple of years of snipes and snubs between the mayor and then-regional minister John Baird before they publicly acknowledged the toxicity that had crept into their relationship and vowed to get over it and work together on priority issues like the Ottawa River Action Plan and the western LRT extension.

Things are noticeably warmer now between the mayor's office and the still-newish Liberal government, whose ministers and local MPs have become a more common sight at city hall, but the Baird-Watson reset seemed to quickly change the city's dealings with the NCC and the feds for the better, even given irritants like the communism memorial.

So it's back to school at 110 Laurier. Let's see what else we've learned.

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Want to look buff? Erick Fleishman says there are three important keys to physical transformation: exercise, diet and sleep. And sleep is the most important. TORSTAR NEWS SERVICE

How to get Hollywood muscle

INTERVIEW

Trainer shares what's needed to get as buff as your screen idol

A short drive from Warner Bros. and Universal Studios in California, you'll find Eric Fleishman.

Herculean in size, he looks like an extra in *Game of Thrones* — but he just trains them. He's also worked with much of the cast of AMC's *The Walking Dead*. Now he's released a how-to manual and mobile app package called *Hollywood Muscle*.

Fleishman stopped in Toronto for the Canfitpro World Fitness Expo, how to go from weakling to warrior.

This interview has been condensed for clarity and brevity.

What's the key to physical transformation?

Three things: exercise, diet and sleep. Of the three, the most important is sleep. You'll hear many fitness professionals tell you that it's 90 per cent diet but they're not telling you the truth. But the magical element in the science of change that causes the physical transformation is sleep.

When it comes to physical

transition, the hours before midnight are worth nearly twice as much as the hours after midnight. The version of you that goes to bed at 10 p.m. and wakes up at 6 a.m. is actually better looking and changes more than the version of you that goes to bed at midnight and wakes up at 8 a.m.

Let's talk nutrition for different body types.

When it comes to men, there are basically three options that I give all actors.

Option No. 1: I could turn him into what I call a "sleek ninja." I could take a normal-looking man and make him



I can make a normal guy look like Tarzan

Eric Fleishman

smaller, tighter, sinewy, very much like Bruce Lee. If your readers want to look like a sleek ninja, I would put them on a strict diet of egg whites, tuna, salmon, green salad. It would be a very lean diet with protein sources that encourage



the body to be small but sleek.

Option No. 2: "Lord of the jungle." I can make a normal guy look like Tarzan. Tarzan has broad shoulders, a small waist, increased pectorals that are high and flat on his torso, like two dinner plates. If they

want to look more like Tarzan, I would add in some whole eggs to that diet, some chicken and occasional steak and some turkey.

Option No. 3: "The Incredible Hulk." This guy is massive, covered in muscle. The type of person you see walking down the street and you cross the road because you don't want to be near the person. I can give him excess physical relevance.

If they want to look like the Incredible Hulk: whole eggs, cottage cheese, steak, beef in general — those things would encourage size.

TORSTAR NEWS SERVICE

RESEARCH

Virtual baby simulators may increase teen pregnancy rates

Baby simulator programs are used around the world, often in hopes of preventing teen pregnancy — but a new study shows they might actually make girls more likely to have a baby.

The Australian research, published this month in the *Lancet*, found eight per cent of girls enrolled in a "virtual infant parenting" program had at least one birth, compared to four per cent of girls in a control group. Abortion rates were also higher, at nine per cent for the girls in the parenting program compared to six per cent in the control group.

"The program seemed to increase pregnancy, which is entirely the opposite of what we had hoped for," says lead author Sally Brinkman, of the Telethon Kids Institute at the University of Western Australia.

Brinkman's team followed several thousand girls from the ages of around 13 to 15 until the age of 20. The randomized controlled trial involved 57 schools in Western Australia. The program used by the participating schools is an Australian adaption of an American program from RealityWorks, which is geared

8 per cent

The Australian research, published in the *Lancet*, found eight per cent of girls enrolled in the program had at least one birth, compared to four per cent of girls in a control group.

TORSTAR NEWS SERVICE

towards pregnancy prevention. It involves an infant simulator — a doll that cries when it needs to be

fed, burped, rocked or changed and tracks crying time, improper handling, and other aspects of infant care.

Brinkman says it's not clear why the program may encourage teen pregnancy, but her team thinks it could be because it's an enjoyable, engaging experience for the participants.

"You get quite a lot of attention when you take care of one of these virtual babies," Brinkman adds. "It definitely didn't seem to put the girls off."

Similar programs are delivered in dozens of countries, includ-

ing Canada, but not always for pregnancy prevention.

In the Toronto District School Board, some schools use infant simulators as a teaching and learning resource for a high school course on raising healthy children, says TDSB spokesperson Ryan Bird. The course focuses on parenting skills, which an emphasis on maternal health, pregnancy, birth, and early child development.

Toronto parenting expert Alyson Schafer says both her daughters participated in a similar program at their high school

in Newmarket for a parenting course, and found the infant simulator dolls an "unrealistic" experience.

But she says the programs can be a "leaping off point" for parents to have conversations at home about how their children feel about caring for the virtual baby. "Most teen pregnancies happen because teenagers want something to love, and they think that having a baby will give them the love they can't get from their boyfriend, or whoever," she adds.

TORSTAR NEWS SERVICE

No shower week an odorous task

The dare: Go a week without showering. Here's how one writer fared in the challenge

Carli Stephens-Rothman
Torstar News Service

I went on a four-week canoe trip when I was 15 years old. When it was over, my parents picked me up and we drove the two-hour trip home together.

Seconds after getting on the highway, my mother craned her neck through the open window like a golden retriever, shouting back that I smelled like "bonfire and corpses." She was laughing, but also gagging.

Curious, I stuck my finger under my arm and brought it to my nose. I couldn't smell anything but I trusted my mother — a woman who, due to a lifetime spent smoking, couldn't smell toast burning in the same room — and I vowed to never go a day, let alone a month, without bathing again.

When my editor asked if I'd like to write about going shower-free for a week, all I could think of was that car ride. The sound of my mother cackling and retching came flooding back to me instantly, like some kind of B.O.-P.T.S.D., and I felt immediately defeated.

After expressing the trepidation to my editor, she sent me an article to reference from the Atlantic, where a writer had stopped showering and loved it. He opened his piece by disclosing that he, too, felt skeptical about making the change at the outset. But after a few weeks, his body simply adjusted. He was no longer oily, or smelly, and concluded that we spend two whole years of our lives in the confines of our shower stalls, needlessly.

Reading this, I thought about what I might do with two years worth of free time. Immediately, images of a deep-soaker tub, candles and spa music came to mind.

This was going to be hard. I'd need to rewire.

Day1

Surprisingly, though, my first morning was both freeing and enlightening. I didn't have to bang on the bathroom door, screaming at my boyfriend that I needed to get in there right now, because I didn't actually need to. We squabble over two things: shower time and radio stations. This new way of life could solve 50 per cent of our problems!

I left for the day feeling smug, as if I'd discovered the world's greatest life hack, and mentally planned my wedding as I walked to work. You see, we're not even engaged, but now that I knew the secret to success in relationships was steering clear of the bathroom, it would only be a matter of time. I arrived at work 30 minutes early, with a fantastic idea for reception catering.

Day2

I awoke feeling even more determined. I dampened my hair in the sink, no shampoo, rinsed my face, no soap, and applied deodorant. The Atlantic guy said he used deodorant from time to time but, for me, it would be non-negotiable.

By day's end, although not feeling totally filthy, I did feel as if there was a slick film forming on my face. I went to sleep meditating on pimples, something I haven't dealt with since high school.

Day3

I awoke in a terrible mood following a night of sticky tossing.

The temperature had shot up and the wobbly fan in the corner did little to make me comfortable as I slept.

Looking in the bathroom mirror, I touched my hair, which looked as if I'd been doing headstands in a frying pan. My sweat glands had revolted in the heat, so perhaps a cool rinse would be OK? I kept it to two minutes — phone timer set — and relished every second, not scrubbing.

Just before lunch, the new receptionist knocked on my door asking to speak with me. Someone has complained, I thought. Bonfire and corpses. Retching and cackling. I quickly pumped sanitizer into my hands hoping the antiseptic smell would overtake the aura of stench I imagined surrounded me.

"Sorry to bother you," she began, "do you know how to replace the paper towel in the washroom?"

As I showed her to the supply closet, I felt nervous-sweat (which is different than heat-sweat, FYI) in places I'd never felt sweat before, making dangerous matters worse.

When I left that night for the weekend, I walked home with my arms straight down and my palms pushed flat to my sides, in an attempt to hermetically seal my armpits, and made a plan to ride out the rest of the week-long challenge quarantined in the spare bedroom.

Day4

Today brought an opportunity to go to the beach with friends. I shaved my legs in the sink, applied deodorant and put on a baseball hat. The lake water would be a nice cheat, I thought. It saddened me to discover, then, that the topic of conversation that afternoon would be a history of freshwater duck lice in that very lake.

I learned all about it as I stood waist deep in the waves! Fun fact: Duck Lice, also known as Swimmer's Itch or cercarial dermatitis, is extremely common in slow-moving freshwater.

I moved, not so slowly, out of the lake and sat on my towel, picturing tiny parasites having a party in the safe, damp, darkness of my bathing suit. The scratching began as soon as we got into the car. All evening, I scratched and scratched, raking my skin first with my nails, and then with a hairbrush.

I texted a fellow swimmer to see if she was itchy. She was not. I rubbed an oatmeal-based lotion into my legs, arms and pretty much everywhere else and then went to bed. Despite having no visible rash and being the only swimmer from the day experiencing irritation, I still knew it. "You have duck lice," my brain screamed. "You are disgusting."

Disregarding the phenomenon of psychosomatics, I vowed to dismiss the assignment. Tomorrow, I would shower. And probably burn my sheets.

Day5

In the morning, I sprinted from my bedroom to the bathroom and cranked my shower to scalding. I methodically laid out a bathmat, grabbed a newly laundered towel and prepared to baptize myself in lightly scented gel-based body wash for combination skin.

Once wet, I sang to myself as I lathered, rinsed and repeated. Twice. The imaginary duck lice was gone, I had dodged a pre-hormonal acne outbreak and ... "Dude, can't you hear I'm in here? Wait your turn! Lalala!"

I had failed the challenge but I was fresh. And that's what mattered most. I'm certain I'm not unique to other human beings. Like the Atlantic guy, I probably would have levelled out after a few weeks. But as I learned on that canoe trip 14 years ago, the journey is just as important as arriving at the destination.

Perhaps one man's vanity is another man's sanity and maybe my reasons for wanting to bathe are a little bit shallow, but there's no place like a deep, deep bubble bath to contemplate those insecurities further.



Other than saving time and reducing fights with her boyfriend, Carli Stephens-Rothman's attempt to avoid bathing proved a bit too much to bear.

CONTRIBUTED

RESEARCH

Playing sports with concussion doubles recovery time

Continuing to play despite a concussion doubles recovery time for teen athletes and leads to worse short-term mental function than in those immediately removed from action, a study found.

It's billed as the first to compare recovery outcomes for athletes removed from a game or practice compared with those who aren't. The study was small, involving 69 teens treated at a University of Pittsburgh Medical Center concussion clinic, but

the results bolster evidence supporting the growing number of return-to-play laws and policies nationwide.

The study was published Monday in the journal *Pediatrics*.

The study involved athletes aged 15 on average from several sports, including football, soccer, ice hockey and basketball who had concussions during a game or practice. Half continued to play and took 44 days on average to recover from symptoms,

versus 22 days in those who were immediately sidelined.

Sidelined players reported symptoms immediately, including dizziness, headaches, mental fogging and fatigue, and were diagnosed with concussions by trainers or team physicians. The others, who continued playing for 19 minutes on average, delayed reporting symptoms and were diagnosed later.

Those who continued to play had worse scores on mental func-

tion tests performed eight days after the concussion and 30 days after the concussion. Medical records showed mental function had been similar in all players before their concussions.

Return-to-play policies are widespread, especially in youth athletics, and they typically recommend sidelining players after a suspected concussion until symptoms resolve. One of the main reasons is to prevent a rare condition called second-impact

syndrome — potentially fatal brain swelling or bleeding that can occur when a player still recovering from a concussion gets hit again in the head.

The study results show that a prolonged recovery is another important risk from returning to play too soon — one that "no one had really calculated" until now, said Dr. Allen Sills, a Vanderbilt University neurosurgeon. He was not involved in the research.

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In high school athletics, the rate of concussions is about three per 10,000 games or practices. ISTOCK



Gene Wilder died late Sunday from complications from Alzheimer's disease. TORSTAR ARCHIVE

Wilder blessed films with magic

OBITUARY

Mel Brooks mourns passing of collaborator and friend

Gene Wilder, the frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in *The Producers* and the deranged animator of *Young Frankenstein*, has died. He was 83.

Wilder's nephew said Monday that the actor and writer died late Sunday at his home in Stamford, Connecticut, from complications from Alzheimer's disease.

Jordan Walker-Pearlman said in a statement that Wilder was diagnosed with the disease three years ago, but kept the condition private so as not to disappoint fans. "He simply couldn't bear the idea of one less smile in the world," Walker-Pearlman said.

Wilder started his acting career on the stage, but millions knew him from his work in the movies, especially his collaborations with Mel Brooks on *The Producers*, *Blazing Saddles* and *Young Frankenstein*. The last film — with Wilder playing a California-born descendant of the mad scientist, insisting that his name is pronounced "Frah-nken-SHTEEN" — was co-written by Brooks and Wilder.

"One of the truly great talents of our time," Mel Brooks tweeted. "He blessed every film we did with his magic & he blessed me with his friendship."



Gene Wilder was known for his role in *Willy Wonka and the Chocolate Factory* (above) and *Young Frankenstein*. TORSTAR ARCHIVE

With his unkempt hair and big, buggy eyes, Wilder was a master at playing panicked characters caught up in schemes that only a madman such as Brooks could devise. But he also knew how to keep it cool as the boozy gunslinger in *Blazing Saddles* or the charming candy man in the children's favourite *Willy Wonka and the Chocolate Factory*. His craziest role: the therapist having an affair with a sheep in *Woody Allen's Everything You Wanted to Know About Sex*.

In 1982, while making the generally forgettable *Hanky Panky*,

he fell in love with co-star Gilda Radner. They were married in 1984, and co-starred in two Wilder-penned films: *The Lady in Red* and *Haunted Honeymoon*.

After Radner died of ovarian cancer in 1989, Wilder spent much of his time after promoting cancer research. He opened a support facility for cancer patients called *Gilda's Place*. In 1991, he testified before Congress about the need for increased testing for cancer. Wilder is survived by his wife, Karen, whom he married in 1991.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Misogyny isn't funny, it's just plain ugly



The Netflix movie *The Do-Over* is filled with angry misogyny, writes Johanna Schneller.

CONTRIBUTED

THE SHOW: *The Do-Over* (Netflix)

THE MOMENT: The misogyny

Former pals Max (Adam Sandler) and Charlie (David Spade) are reconnecting on Max's yacht, dreaming of ditching their unhappy lives and starting fresh. (Which they do, but their new identities get them in trouble.)

Max pulls up beside a sailboat populated by women in bikinis. He mimes, "Take off your top." Two do. They mime, "Pull down your pants." Charlie does.

One woman laughs, the other boos. Max pulls out a flare gun and shoots it at them. They fall

into the water. The men laugh and drive away.

Later, the men tell Heather (Paula Patton) that her husband is dead. "You gonna make a move on that," Max whispers to Charlie, "or am I?"

"Her husband just died," Charlie says.

"Then she needs a nice d— to cry on," Max replies.

These are but two examples of the scorn with which this made-for-Netflix movie treats women. Every female here is evil, crazy or both, and the men denigrate them relentlessly, including the ones they have sex with. "I hope you didn't catch any sores from her filthy

vagina," Max's mom says about Charlie's (evil, crazy) wife.

I know that comedy can be fueled by anger, and that everyone is fair game. But the anger here isn't filtered into humour; it's just ugly.

Near the end, Charlie and Heather have a full-on fist fight. "I'm so tired of women lying to me and f—g me over," Charlie cries, punching her in the stomach and face. That feels like the heart of this thing. It isn't funny.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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■ Playing with his left wrist heavily bandaged, Rafael Nadal beat Denis Istomin 6-1, 6-4, 6-2.

RECIPE Slow Cooker Beef Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't believe such complex flavours come out of such little effort. Thank your slow cooker for doing all the work for you, alright?

Ready in 8 hours, 20 minutes

Prep time: 10 minutes
Cook time: 8 hours, 10 minutes
Serves 4 to 6

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.

2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

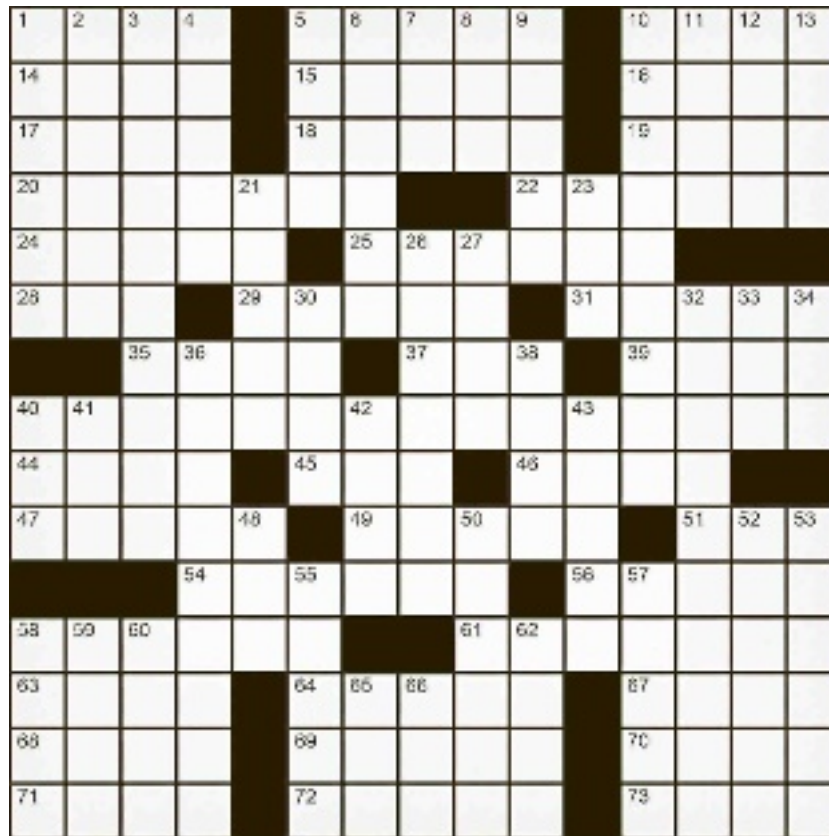
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BY KELLY ANN BUCHANAN

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- Chapel area
- Poet's preposition
- Wolfgang __ Mozart (b.1756 - d.1791)
- Sinew
- Satan
- Measure
- Yalie
- Matter at hand
- Plucked banjo string sound
- Memo
- Greg to Marcia, for short
- "__ you five dollars that..." (Challenge opener)
- Do this as a border guard at a Canada-USA crossing: 2 wds.
- __ + The Mechanics ('80s band)
- Definite article
- Cod-like fish
- Actress, Lara __ Boyle
- "He doesn't know how to 'stay' __ yet, but he understands 'walkie.'" ...said the new puppy owner to the dog trainer
- Actor Alastair
- Quadrant
- Street in Quebec City, __ Sault-au-Matlot



- Dar es __ (Tanzania city)
- Title of Percy Bysshe Shelley's elegy for John Keats
- Swanky
- Stop driving
- "__" (Response to "How are ya?")
- "And __, and..."

- (Bandleader's counting intro)
- Raring to go
- Prefix to 'phony' (Harsh noise)
- Tinted
- Weaponize again
- Chalcedony variety

DOWN

- Window dressing
- Manicurist's lacquer
- Igor of classical music composing
- British royal, to the press, when she first stepped onto the world stage in the early

- 1980s: 2 wds.
- Old Testament twin
- Dips for tortillas
- King __
- Bird __ Wire (1990)
- Ex __ communications (Legal no-no)
- Canadian canned

- sardines brand
- Rip apart
- Call __ question
- Earth's night light
- Upper crust
- 'He is' in Montreal, Il __
- Bring down/overthrow
- Very dry
- Faction
- Royal Canadian Navy gig: 2 wds.
- Born, bride-style
- Lettered sports cars
- __ sandwich
- "__" (Hey, I just spotted you here)
- Global currency org.
- Nada
- Norse thunder god
- Medical prefix meaning 'Healing'
- Perfume by Cacharel
- Salt __
- Complete nonsense
- Canadian Arctic animal
- Earthy pigment
- Canned brand of Canadian chick peas
- Carangid fish
- Skipper's salute!
- Queue
- 'Lubri' add-on (Skin moisturizer brand)
- Norma __ (1979)
- Palindromic honorific

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely, playful time for Aries! Accept invitations to party. Enjoy romance, entertaining diversions plus playful activities with children.

Taurus April 21 - May 21
Home and family are your primary focus today. Home repairs, plus redecorating projects, are on your mind. However, you might want to just cocoon today.

Gemini May 22 - June 21
Your daily pace is busy with short trips, discussions with everyone and increased reading and writing. Today you feel a strong need to be heard by someone.

Cancer June 22 - July 23
You have moneymaking ideas because you want to boost your income now. However, you also are buying beautiful things for yourself and loved ones. Yes, money is on your mind.

Leo July 24 - Aug. 23
The Sun, the Moon, Mercury and Venus all are in Leo! Yes, you will rule! This is a good day to ask the universe for a favor, because you just might get it.

Virgo Aug. 24 - Sept. 23
You prefer to work alone or behind the scenes today, because you feel somewhat withdrawn. You need a breather from the busyness of everything going on around you. (Gasp!)

Libra Sept. 24 - Oct. 23
This is a popular time for Libras! Enjoy interactions with others, especially in groups. Younger, creative people will appeal to you now

Scorpio Oct. 24 - Nov. 22
You make an excellent impression on bosses, parents and VIPs right now — and you can use this to your advantage. Ask for what you want. Get the approval you need. Try it!

Sagittarius Nov. 23 - Dec. 21
Travel and a chance to get further education or training are easy things for you to accomplish right now. Do anything to break free from your daily, humdrum routine.

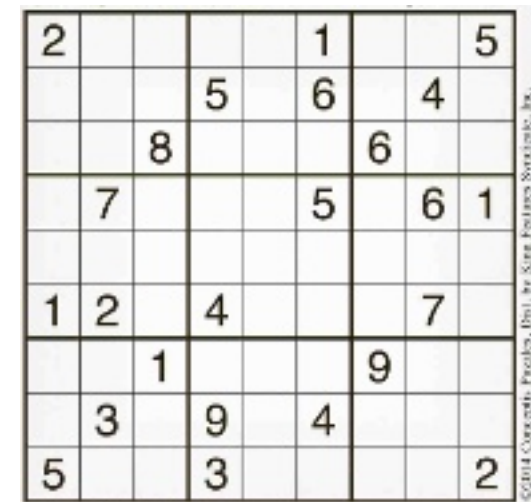
Capricorn Dec. 22 - Jan. 20
This is a good day to ask for a loan or mortgage, because you can benefit from the wealth and resources of others at this time. Today, in particular, the Moon will help you even more so.

Aquarius Jan. 21 - Feb. 19
You have a strong focus now on partners and close friends. Things will flow along easiest today if you compromise with others. Cut someone some slack

Pisces Feb. 20 - March 20
Act on your urge to get better organized, because this will please you. Co-workers are cooperative, that's for sure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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